



**Welcome to Modern Yoga Napier**

**Please print clearly**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone cell: \_\_\_\_\_ home: \_\_\_\_\_ Birthday \_\_\_\_\_

Email \_\_\_\_\_

How did you hear about our studio?

\_\_\_\_\_

What is your purpose for being here? (For example; become stronger physically/mentally, stress relief, weight loss, injury recovery, smile more, detoxification, enjoy community, be happier etc)

\_\_\_\_\_

Do you have any physical conditions we should know about? For example old injuries, recent surgery, pregnancy or illnesses?

\_\_\_\_\_

\_\_\_\_\_

Emergency contact name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Number: \_\_\_\_\_

**Release waiver**

**I understand that yoga, like any form of physical exercise, involves risk of injury. I have checked with my doctor for any specific concerns regarding my health before starting yoga practice. I understand that performing all postures with the correct form as instructed will greatly reduce any chance of physical injury.**

**I understand that classes once paid for are non-refundable and non-transferable. The schedule is subject to change.**

**I have read the above and fully understand its contents. I voluntarily agree to the terms and conditions stated.**

Signature \_\_\_\_\_ Date \_\_\_\_\_